



Santa Clara Senior Center NEWS

June 2014

Thanks for your support!

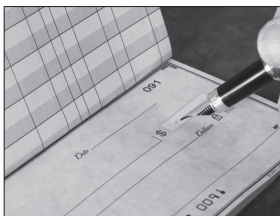
Our efforts to serve seniors are strengthened significantly through collaborations with a variety of individuals and organizations. We are grateful for their contributions of resources, time, and material to seniors in the Santa Clara community. Some of the 2014 donations include:



Historic Preservation Society of Santa Clara donated \$1,080 to the Care Management Program.



Santa Clara Firefighters Foundation donated \$4,000 to the Dining Out Program.



The White Family Trust, on behalf of Joanne White, donated \$10,000 to Senior Center programs.



The Community Foundation Santa Cruz County, on behalf of Bessie Vizzusi-Ghrulke, donated \$1,500 to the Woodshop.



The Santa Clara Women's League donated \$20,605 to the Health and Wellness Program.



Daughters of the American Revolution Pins and Needles Group donated their time and materials to support the "Lucy Goose" effort.

Thank you for your generous support of our programs that serve Santa Clara seniors.

How can you support the important work of the Santa Clara Senior Center?

Go to www.SantaClaraCA.gov/SeniorCenter, call 408.615.3170, or email CustServSrCenter@SantaClaraCA.gov to learn how.

Santa Clara Parks and Recreation Department

Santa Clara Senior Center

1303 Fremont St., Santa Clara, CA 95050 • 1-408-615-3170

www.santaclaraca.gov/seniorcenter • custservsrcenter@santaclaraca.gov

Monday–Friday 7:00 AM–5:00 PM • Saturday 9:00 AM–12:00 PM (*The office closes 30 minutes prior to the building*)



SERVICES AVAILABLE AT THE SENIOR CENTER

All numbers are area code 1-(408) unless otherwise noted.

	Provider	Phone/Website
Care Management Services Services available by appointment: in-home assessment, connection to community resources, and service coordination. Services available to City of Santa Clara seniors age 60+.	Santa Clara Parks & Recreation and Sourcewise	1-408-615-3170 www.santaclaraca.gov www.mysourcewise.com
Health and Wellness Services Services available by appointment: health education, healthcare coaching, social engagement, home visits, and blood pressure. Services available on a drop in basis: blood pressure clinic Thursdays 9:30-11:30am. Services available to City of Santa Clara seniors age 50+.	Santa Clara Parks & Recreation	1-408-615-3170 www.santaclaraca.gov
Health Insurance & Medicare Counseling (HICAP) Free information and assistance on Medicare related issues. Tuesdays by appointment. Services available to anyone on Medicare.	Sourcewise	1-408-615-3170 www.mysourcewise.com
Senior Information and Resources Information, resource, and referral services for seniors at home. Services available to City of Santa Clara seniors age 50+	Santa Clara Parks & Recreation	1-408-615-3170 www.santaclaraca.gov
Senior Peer Advocate Services available by appointment: information and assistance to connect Santa Clara residents to a variety of community resources, services, and benefits, such as transportation, housing, food, healthcare, caregiving/family support, legal services, and social/educational activities.	Santa Clara Parks & Recreation	1-408-615-3170 www.santaclaraca.gov
Legal Assistance Free legal assistance available by appointment. Services available to Santa Clara County seniors age 60+	Senior Adult Legal Assistance (SALA)	1-408-615-3170 www.sala.org
Dining Out Nutritionally balanced lunch served weekdays 11:30am. Advanced reservations are required. \$3.00 donation. Services available to Santa Clara County seniors age 60+.	Santa Clara Parks & Recreation and Santa Clara County	1-408-615-3174 www.santaclaraca.gov
Tax Assistance Offered throughout the year.	AARP volunteers	1-408-615-3170
Notary Service Free service by appointment, the first and third Monday of each month in 15 minute increments, Starting at 4:15pm. Signer must be present and provide government issued identification. Services available to seniors age 50+.	Volunteer	1-408-615-3170 www.santaclaraca.gov

Additional resources for seniors are available online @ www.santaclaraca.gov or at the Senior Center.

AMERICANS WITH DISABILITIES ACT (ADA) – In accordance with the Americans with Disabilities Act of 1990, the City of Santa Clara Parks and Recreation Department will ensure that all existing facilities will be made accessible to individuals with disabilities. Reasonable modifications in policies, procedures, and/or practices will be made as necessary to ensure full and equal access and enjoyment of all programs and activities for all individuals with a disability. In order to allow participation by individuals with severe allergies, environmental illnesses, multiple chemical sensitivity, or related disabilities, **please DO NOT wear scented products** to programs/activities at City facilities. Contact the Santa Clara Senior Center at (408) 615-3170 with accessibility concerns specific to this facility, and the Parks and Recreation office at (408) 615-2260 for accessibility concerns regarding other parks and recreation facilities/programs. For all other ADA questions, contact the City Clerk's office at 1-(408) 615-2220.

CLASSES

Dance for Health

Mondays • 11:00–12:00 p.m.

Some exercises will include the use of chairs for props while sitting and/or standing. Strengthen your balance, flexibility, memorization, and coordination while enjoying upbeat music. All abilities are welcome. *Instructor – A. Biscardi*

No Falls S.O.S.

Tuesdays and Thursdays • 11:00–11:30 a.m.

Stretch, Observe & Strengthen your way to decreasing the risk of falling. Focusing on falls prevention, this class aims to improve your balance, sense of equilibrium, flexibility, spatial awareness and core muscular strength.

Instructor – M. Pozzi

Pilates Mat – Building the Foundation

Tuesdays and Thursdays • 7:30–8:30 a.m.

This class will focus on the fundamental principles of Pilates to achieve greater overall body strength and flexibility by concentrating on the physical core. The class will flow in a manner that challenges and adapts to the needs of the participants. *Instructor – J. Russum*

Jazzercise with Jerome!

Mondays and Wednesdays • 7:30–8:30 a.m.

This fun, energizing jazz program consists of cardio, strength building, and stretching moves. Modifications to each routine are offered to meet the needs and fitness levels of all participants. *Instructor – J. Flowers*

Zumba Gold® with Ginger

Mondays • 10:00–10:45 a.m.

Wednesdays • 9:30–10:15 a.m.

Zumba Gold® with Ginger is a Latin dance-inspired workout. Let the music move you in this upbeat, “fitness party.” Zumba Gold with Ginger is a lower impact, easy-to-follow fitness class that keeps you in the groove of life! *Instructor – G. Willson*

Fitness for All

Mondays • 9:00–9:45 a.m.

Wednesdays • 10:30–11:15 a.m.

Gentle aerobic, toning and stretching exercises will improve your balance, flexibility, endurance, range of motion, sense of equilibrium and core muscular strength. Exercises will include chairs for props while sitting or standing. All abilities are welcome. Individuals utilizing mobility aids (walkers, canes, wheelchairs, etc) are encouraged to register.

Instructor – A. Biscardi

Tai Chi for Life!

Tuesdays and Thursdays • 8:45–9:45 a.m. • Intermediate Level

Tuesdays and Thursdays • 9:45–10:45 a.m. • Beginner Level

Learn new ways to relax, revitalize, and have fun! Tai Chi is a mindful, internal martial art that flows in gentle and slow, whole body movements. Tai Chi promotes health, balance, flexibility, strength, and clarity. *Instructor – L. Scheer*

Introduction to Woodworking

June 23, 25, 27 • 9:00 a.m.–1:00 p.m. • #52832

If you like working with your hands and learning new things, this class is for you! This class will get you started in the right direction and is presented in two parts: lecture and demonstrations and construction of your project. Learn the joy of woodworking and make this a part of your life!

Instructor – T. Freitas

Strength & Conditioning, Beginning

Tuesdays and Thursdays • 11:00 a.m.–12:00 p.m.

Let's move! Learn how to properly and safely use the machines in the fitness center. This circuit-training class includes a cardio warm-up, stretching, instruction on the purpose and use of the fitness equipment, and a cool-down. Maximize your potential with efficient workouts.

Instructor – T. Anderson

Join us for exciting classes that are designed to energize & motivate you to increase your fitness & activity levels.

Seniors of all ages (50 & up) and abilities are encouraged to register!
Please refer to the Recreation Activities Guide for class fees and schedule.

HEALTH & WELLNESS, CARE MANAGEMENT

National Cataract Awareness Month

National Health Observances are special days, weeks, or months focused on raising awareness about important issues related to health and well-being. June's observance is National Cataract Awareness Month. Stop by the Health & Wellness Program table in the lobby near the multi-purpose room on June 18th from 10:00 am to 12:00 pm to visit with our volunteer RNs. They'll have lots of helpful materials about tips for eye health and maintaining good eyesight. Take care of your eyesight to enjoy life to its fullest!

Stress Reduction Workshop

Wednesdays • June 11 - August 13
10:00-11:45 a.m. • Room 149

Do you find yourself stressed and overwhelmed? Come learn ways to feel more calm and relaxed, based on Mindfulness Behavioral Techniques. This workshop is free, but space is limited, and pre-registration is required.

Feeling Good Workshop

Tuesdays • June 10 - August 12
3:00-4:45 p.m. • Room 205

Feeling a little down lately? This free workshop will help you find ways to be more positive and really enjoy your life. This is a drop-in group, and no registration is necessary. Feel free to join at any time, and improve your health and well-being.

Expressive Arts Support Group

Tuesdays • May 6 - June 17 • NO CLASS JUNE 3
9:30-11:30 a.m. • Room 149 • #53068

Moving beyond words through art allows us to mourn our losses and begin to heal. This new support group will explore grief through the medium of art. No artistic experience or talent is required. Group will meet for six weeks. There is no cost to participate, but due to the limited class size, pre-registration is required.*

Transitions

Mondays • 1-2:30 p.m. • Room 205

Feeling lost or overwhelmed? This support group can help you navigate life's changes. This is a drop-in group, and participation is free. Join anytime-you are welcome here.

*Facilitated by supervised, pre-licensed therapists through partnership with Process Therapy Institute, a counseling and education-oriented nonprofit organization committed to enhancing self-awareness and improving the quality of relationships.

Summer Wellness Series

Tuesdays • 1:00-2:00 p.m. • Room 149

Pre-registration is required. Each class costs \$6 with Santa Clara senior discount, or \$8 non-resident. Join us for some interesting discussion and up-to-date information. Please register early (classes will be cancelled due to low enrollment).

Healthy Eating June 10 #52845

We know we should eat healthy food, but sometimes it is not that easy. Cooking for just one or two can be a challenge, and our bodies need more vitamins and nutrients as we get older. We'll look at making better food choices and practical ways to overcome obstacles. Instructor: Wendy Talbert RN

Migraines June 24 #52846

Migraines are more than just a bad headache. Migraines are a neurological disorder that can be debilitating, and the cause is still not fully understood. This class will explore the latest information about migraines, and possible ways to help relieve the pain and symptoms.

Blood Pressure Clinic

Thursdays • 9:30-11:30 a.m.

Free drop-in blood pressure check by our volunteer nurse every Thursday morning in the Health & Wellness office.

Clutter Free

10:30 a.m.-12 p.m. • Room 205

The second and last Thursday of each month

This peer-led support group focuses on new skills and perspectives as we share strategies for managing all our stuff. Please drop in on our next meeting or call Mallory von Kugelgen, Geriatric Care Manager, (408) 615-3180, for more information.

A Few Good Men (and Women too!)

Fridays • 12:30-2 p.m. • Room 205

We would like to increase the fun and invite a few good women to join—the more the merrier! Come share some stories and laughs, current events, or just compare notes with a lively group who enjoy discussing what's on their minds. No registration is required and participation is free.

Wednesday Walk a Block

One of the easiest ways to keep your heart healthy is by walking! Join us for Walk a Block on Wednesday mornings from 10:00-10:30 am. Walkers meet in the front lobby area at 10:00 am, and walk for approximately 30 minutes. Bring a friend! Join your fellow walkers for some fresh air and exercise.

ALWAYS HAPPENING

Ballroom Dancing

Tuesdays and Thursdays • 7:30–10:30 p.m.

Dancing is a great way to exercise, socialize, and connect with friends new and old. Dance lessons are free with paid admission. Dance lessons change every month. Dances taught include Waltz, Fox Trot, Latin and more. Lessons are from 6:30–7:30 p.m. Dances are from 7:30-10:30 p.m.. Admission to the dance is \$6 when live bands play and \$5 when hosted by a DJ.

Santa Clara Women's League

2nd Tuesday of each month • 1 p.m.

The Santa Clara Women's League is a service organization which supports the Health and Wellness Program at the Senior Center. Membership flyers are available at the Santa Clara Senior Center. New members are always welcome.
<http://santaclarawomensleague.org>.

Drop-In Crafts

Thursdays • 1-3 p.m.

The Santa Clara Senior Center invites you to revisit an old hobby or take up a new one. Here is an opportunity to work on your own self-directed project in the company of others who share your love of crafts. Please, do not bring in projects that produce strong fumes. Finishing products are not allowed in the Senior Center. All seniors, age 50+, are welcome. Engage your brain as well as your creativity.

Welcome Newcomers

10:30–11:30 a.m. • Room 205

Join us for an informal yet informative get-together as we introduce you to the activities, programs, and services the Santa Clara Senior Center has to offer. An escorted tour of the 60,000 square foot facility will be available to those interested. Seniors, family members, and caregivers are welcome to attend. No preregistration is necessary.

Dining Out

**Served Monday-Friday • 11:30 a.m. • \$3.00 donation.
Call our reservation hot line at (408) 615-3174**

Visit with old friends or make new ones while enjoying a nutritionally balanced hot lunch. Menus change throughout the seasons. There is always an option to the hot meal such as meat or vegetarian salads, and sandwiches. Advance reservations are required and are limited. Participants without a confirmed reservation may check with Dining Out staff or volunteers for the availability of stand-by meals. Meals not claimed by 11:45 am will be made available to stand-by diners. Services available to Santa Clara County seniors age 60+. Fee for guests under the age of 60, is \$6.00.

Game On!

Santa Clara Parks and Recreation Department invites you to play at the Senior Center. Playing games is a great way to spend time with old friends and meet new friends all while keeping your mind sharp and staying "on top your game". Most games can accommodate any number of drop in players. Refer to the table below for more information on a game that interests you.

Game	Day	Time	Location	Contact	Drop Ins
Bingo	Tue, Fri	12:15-2:45 p.m.	Auditorium	Staff 615-3170	Welcome
Games, Games, Games					
Mexican Train, Dominos, Cribbage and more	Mon, Wed	1:00-3:00 p.m.	Auditorium	Staff 615-3170	Welcome
Card Games					
Bridge, Intermediate	Mon, Wed, Fri	12:30-3:00 p.m.	Mezzanine *Auditorium on 4th Wed*	Duane 246-9794	Call first
Bridge, Intermediate	Tue	12:00-4:00 p.m.	Mezzanine	Manny 828-7741	Welcome
Bridge, Intermediate	Wed	9:00-11:30 a.m.	Mezzanine	Betty 248-3952	Call first
Canasta, Pinochle	Tue	12:00-4:00 p.m.	Mezzanine	Staff 615-3170	Welcome
Poker	Mon-Fri	7:30-10:00 a.m.	Mezzanine	Staff 615-3170	Welcome
Active Games					
Wii	Mon-Fri Sat	7:00 a.m.-4:30 p.m. 9:00-11:30 a.m.	Fitness Center	Staff 615-3170	Welcome

JUNE

MONDAY	TUESDAY	WEDNESDAY
2 Computer Lab, Billiard Room 7-4:30 Snack Bar 8-4	3 Computer Lab, Billiard Room 7-4:30 Snack Bar 8-4 Wood Shop 8-12 Bingo 12:15-2:45 TGA Tuesday Dance NOB HILL SOUNDS 7:30-10:30PM WESTERN THEME	4 Computer Lab, Billiard Room 7-4:30 Computer Lab Closed for Class 8:15-11:30 Snack Bar 8-4 Walk a Block 10-10:30
9 Computer Lab, Billiard Room 7-4:30 Snack Bar 8-4	10 Computer Lab, Billiard Room 7-4:30 Snack Bar 8-4 Wood Shop 8-12 Bingo 12:15-2:45 TGA Tuesday Dance 10th AVENUE BAND 7:30-10:30PM	11 Computer Lab, Billiard Room 7-4:30 Computer Lab Closed for Class 8:15-11:30 Snack Bar 8-4 Walk a Block 10-10:30
16 Computer Lab, Billiard Room 7-4:30 Snack Bar 8-4	17 Computer Lab, Billiard Room 7-4:30 Snack Bar 8-4 Wood Shop 8-12 Bingo 12:15-2:45 TGA Tuesday Dance TENOR BAND 7:30-10:30pm	18 Computer Lab, Billiard Room 7-4:30 Computer Lab Closed for Class 8:15-11:30 Snack Bar 8-4 Walk a Block 10-10:30
23 Computer Lab, Billiard Room 7-4:30 Snack Bar 8-4	24 Computer Lab, Billiard Room 7-4:30 Snack Bar 8-4 Wood Shop 8-12 Bingo 12:15-2:45 TGA Tuesday Dance RON BORELLI BAND 7:30-10:30 PM	25 LET'S TALK TRAVEL 12:30 Computer Lab/Billiard Room 7-4:30 Computer Lab Closed for Class 8:15-11:30 Computer Lab Closed for Class 12:30-2:30 Snack Bar 8-4 Walk a Block 10-10:30
30 Computer Lab, Billiard Room 7-4:30 Snack Bar 8-4		

THURSDAY	FRIDAY	SATURDAY
<div>5</div> <p>Computer Lab, Billiard Room 7-4:30 Snack Bar 8-4 Wood Shop 8-12 Lapidary 9-1 Blood Pressure Drop-In 9:30-11:30</p> <p>Thursday Night Dance NO DANCE</p>	<div>6</div> <p>A Few Good Men (and Women too!) 12:30-2 Computer Lab, Billiard Room 7-4:30 Snack Bar 8-4 Lapidary 9-1 Bingo 12:15-2:45</p>	<div>7</div> <p>Snack Bar, Computer Lab, Billiards 9-11:30</p>
<div>12</div> <p>Clutter Free 10:30-12 Computer Lab, Billiard Room 7-4:30 Snack Bar 8-4 Wood Shop 8-12 Lapidary 9-1 Blood Pressure Drop-In 9:30-11:30</p> <p>Thursday Night Dance THE CASUALS 7:30-10:30pm</p>	<div>13</div> <p>A Few Good Men (and Women too!) 12:30-2 Computer Lab, Billiard Room 7-4:30 Snack Bar 8-4 Lapidary 9-1 Bingo 12:15-2:45</p>	<div>14</div> <p>Snack Bar, Computer Lab, Billiards 9-11:30</p>
<div>19</div> <p>Welcome Newcomers! 10:30 Lunch Meet 12:30 Computer Lab, Billiard Room 7-4:30 Snack Bar 8-4 Wood Shop 8-12 Lapidary 9-1 Blood Pressure Drop-In 9:30-11:30</p> <p>Thursday Night Dance LYRATONES 7:30-10:30pm</p>	<div>20</div> <p>A Few Good Men (and Women too!) 12:30-2 Computer Lab, Billiard Room 7-4:30 Snack Bar 8-4 Lapidary 9-1 Bingo 12:15-2:45</p>	<div>21</div> <p>Snack Bar, Computer Lab, Billiards 9-11:30</p>
<div>26</div> <p>Clutter Free 10:30-12 Computer Lab, Billiard Room 7-4:30 Snack Bar 8-4 Wood Shop 8-12 Lapidary 9-1 Blood Pressure Drop-In 9:30-11:30</p> <p>Thursday Night Dance NOB HILL SOUNDS 7:30-10:30pm</p>	<div>27</div> <p>SILICON VALLEY BBQ CHAMPIONSHIPS 4-9 A Few Good Men (and Women too!) 12:30-2 Computer Lab, Billiard Room 7-4:30 Snack Bar 8-4 Lapidary 9-1 Bingo 12:15-2:45</p>	<div>28</div> <p>SILICON VALLEY BBQ CHAMPIONSHIPS 10-8 Snack Bar, Computer Lab, Billiards 9-11:30</p>

DINING OUT

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Choice of: Meat or Veggie Salad or Meat or Veggie Sandwich	3 Choice of: Meat or Veggie Salad or Meat or Veggie Sandwich	4 Choice of: Meat or Veggie Salad or Meat or Veggie Sandwich	5 Choice of: Meat or Veggie Salad or Meat or Veggie Sandwich	6 Choice of: Meat or Veggie Salad or Meat or Veggie Sandwich
9 Chile Lime Chicken Brown Rice California Blend Vegetables Mixed Green Salad Sliced Apples	10 Roast Beef w/Gravy Whole Wheat Roll Capri Blend Vegetables Whipped Potatoes Fresh Orange	11 B.B.Q. Pulled Pork Sandwich Green Beans Broccoli & Cranberry Salad Fresh Fruit in Season	12 Hawaiian Chicken Imperial Brown Rice Oriental Blend Vegetables Carrot Mandarin Salad Watermelon	13 Combination Flat Bread Pizza Tomato Florentine Spinach Greek Salad Fresh Strawberries
16 Roast Pork w/Gravy Whole Grain Bread Red Potatoes Broccoli Salad Fresh Fruit in Season	17 Breaded Fish Herbed Brown Rice Pilaf Broccoli & Cauliflower Tossed Green Salad Pineapple	18 Chicken Parmesan Whole Grain Pasta Mixed Vegetables Marinated Cucumber Salad Strawberry Whip	19 Meatloaf w/Gravy Lentil Soup Peas & Carrots Whipped Potatoes Fresh Orange	20 Creamed Turkey w/ Vegetables Buttermilk Biscuit Country Trio Vegetables Romaine Salad w/Broccoli Fresh Honeydew Melon
23 Unbreaded Fish w/Salsa Brown Rice Pilaf Fiesta Blend Vegetables Coleslaw Fresh Fruit in Season	24 Lemon Herb Chicken Minestrone or Vegetable Soup California Blend Vegetable Parsley Potatoes Chilled Pears	25 Beef & Butternut Squash Stew Green Peas Romaine Salad w/Cabbage Pineapple	26 Turkey Sloppy Joe Spinach Potato Salad Fresh Cantaloupe	27 Chicken Broccoli Divan Whole Grain Pasta Carrots Romaine Salad w/Mandarin Oranges Fresh Banana
30 Roast Beef w/Gravy Peas & Carrots Whipped Potatoes Citrus Fruit Cup	ALTERNATIVE MEALS: Week 1: Turkey Cobb Salad, Summer Corn & Black Bean Salad, Roast Pork Sandwich, or Vegetarian Patty Burger Week 2: Chicken Taco Salad, Vegetarian Beans & Cheese Salad, Tuna Sandwich, or Black Bean Burger Week 3: Chef Salad, Quinoa & Black Bean Salad, Egg Salad Sandwich, or Vegetarian Pita Sandwich Week 4: Greek Chicken Salad, Vegetarian Creamy Cucumber Salad, Turkey Sandwich, or Vegetarian Wrap Week 5: Chicken Cranberry Salad, Vegetarian Cottage Cheese Salad, Tuna Sandwich, or Black Bean Burger			

 = Higher in sodium

ALWAYS HAPPENING

Lapidary

Thursdays and Fridays • 9 a.m.–1 p.m.

Join the Lapidary drop-in program and learn to cut and polish rocks and begin making beautiful jewelry. Registration/Release is needed to participate. (Donations accepted are used to replenish consumable lapidary supplies).

Senior Advisory Commission

The Senior Advisory Commission consists of seven Santa Clara seniors who meet monthly, along with City staff, to discuss community-wide issues which impact seniors. Information is presented and shared and recommendations are offered on ways to improve the quality of life of all Santa Clara seniors. The role of the Commission is to make recommendations to the City Council on policy issues important to all seniors in our community. Commission members include Wanda Buck, Dwight Collins, ArLyne Diamond Ph.D, Barbara A. (Bobbi) Estrada, Frank Kadlecsek, Sam Orme and Alice Pivacek.

Mtgs: 4th Mon. each month • 10 a.m. • Rm 232

Meetings are open to the public and agendas are posted in the Senior Center lobby and online at www.santaclaraca.gov.

You are welcome to drop in for any of our meetings and join the discussion or share your opinions on matters important to you.

Senior Peer Advocate (SPA) — Help at the Senior Center

Mondays • 10 a.m.–12 p.m.

When we were young, our parents supported and nurtured us, and helped us solve problems and meet challenges. Now we're grown, and it's our turn to support and nurture our parents, and help them meet the challenges of growing older with dignity and grace. The Senior Center can help meet those challenges through our Senior Peer Advocate (SPA) program. SPA volunteers are trained to provide information and assistance to connect you to all sorts of community resources. SPA appointments are free and available through the Senior Center front desk.

Whether you're looking for ways to get more help at home or need information about grab bars, we'll do our best to help you find solutions.

Senior Computer Class – Library Website Tour #52836

Wednesday, June 25 • 1–2 p.m.

Senior Center Computer Lab • Room 231

Instructor - Library Staff

Woodshop

Tuesdays and Thursdays • 8 a.m.–12 p.m.

The Woodshop is a great place to work on small projects and repairs. Join others who enjoy woodworking. A woodshop orientation is required. Beginners are welcome. (Donations accepted are used to replenish consumable woodshop supplies).

Lunch Meet

Thursday, June 19 • 12:30–1:30 p.m. • Room 232

Osher Lifelong Learning Institute

Are you interested in music, history, literature? Do you want to continue learning but dread the thought of term papers and tests? This month's program will feature OLLI, the Osher Lifelong Learning Institute at Santa Clara University. OLLI is a community of learners age 50 and older. Some OLLI classes include: Music, Psychology, History, Literature, Theatre, Art History, Film Odyssey, and Biology. Current and retired faculty members and independent scholars lead the classes. Join us as we hear about the current OLLI program and the plan for upcoming sessions.

All are welcome to attend this free program. Pre-registration is not required. Lunch is not served; however, you may bring your lunch if you would like.

FITNESS CENTER & NATATORIUM

The 3,000 square foot Fitness Center is equipped with cardio equipment, weight machines, free weights, core conditioning equipment, and a stretch area. There is something for everyone.

Fitness Center – Drop-In Fitness Center Hours

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Drop in Fitness:					9:00–11:30am
7:00-10:45am	7:00-10:45am	7:00-10:45am	7:00-10:45am	7:00am-4:30pm	
12:00-4:30pm	12:00-4:30pm	12:00-4:30pm	12:00-4:30pm		
Classes:					
10:45am-12:00pm	10:45am-12:00pm	10:45am-12:00pm	10:45am-12:00pm		





So that pool users may make an informed decision whether or not water temperature is suitable for their needs, there is one (1) thermometer in each pool.

Lap Pool: Water temperature ranges: 81-84° F.

Warm Water Pool: Water temperature ranges: 90-94° F.

Spa: Water temperature ranges: 97-101° F.

Natatorium Schedule- Swim/Walk Schedule For Lap Pool, Lane #1

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00am-1:30pm Walk 	7:00am-1:30pm Swim 	7:00-10:00am 11:00am-1:30pm Walk 	7:00am-1:30pm Swim 	7:00-10:00am 11:00am-1:30pm Walk 	9:00–11:30am Swim 
3:00-4:30pm Swim 	3:00-4:30pm Walk 	3:00-4:30pm Swim 	3:00-4:30pm Walk 	3:00-4:30pm Swim 	

Natatorium Schedule- Open Lap Pool Schedule (Closed for cleaning Monday–Friday 1:30–3:00pm)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00am-1:30pm	7:00am-1:30pm	7:00-10:00am	7:00am-1:30pm	7:00-10:00am	9:00–11:30am
		11:00am-1:30pm		11:00am-1:30pm	
3:00-4:30pm	3:00-4:30pm	3:00-4:30pm	3:00-4:30pm	3:00-4:30pm	

Open Warm Water Pool Schedule (Closed for cleaning Monday–Friday 1:30–3:00pm)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00-9:00am	7:00-9:00am	7:00-9:00am	7:00-9:00am	7:00-9:00am	9:00–11:30am
12:30-1:30pm	12:30-1:30pm	12:30-1:30pm	12:30-1:30pm	12:30-1:30pm	
3:00-4:30pm		3:00-4:30pm		3:00-4:30pm	

Women's Locker Room - Closed for Cleaning

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2:00-2:30pm	2:00-2:30pm	2:00-2:30pm	2:00-2:30pm	2:00-2:30pm	

Notary Service for Seniors

Notary service is available at the Santa Clara Senior Center. Appointments are available the first and third Monday afternoons of each month. This service is provided by volunteers at no cost to seniors. To have a signature notarized the signer must appear in person, present current valid government issued identification containing signer's photo, and speak English. Trusts, loan and/or mortgage documents are not eligible for this free service. Book a free notary appointment by calling the Santa Clara Senior Center (1-408-615-3170).

Did You Know?

June 15, 2014 has been designated as World Elder Abuse Awareness Day by the World Health Organization and the International Network for the Prevention of Elder Abuse.

Elder abuse takes many forms including physical abuse, neglect, financial abuse, sexual abuse, abandonment, and self-neglect. Neglect is the refusal or failure by those responsible to provide food, shelter, health care or protection for a vulnerable elder. Emotional abuse is inflicting mental pain, anguish, or distress on an elder person through verbal or nonverbal acts. Abandonment is deserting a vulnerable elder by anyone who has assumed the responsibility for care or custody of that person.

To learn about elder abuse go to:

http://ncea.aoa.gov/Resources/Publication/docs/NCEA_ProtectYourself_508.pdf or

<http://www.acl.gov/NewsRoom/Observances/WEAAD/Tools-Tips-Resources/Additional-Resources.aspx>

National Center on Elder Abuse (NCEA)

www.ncea.aoa.gov or 1-855-500-3537

If you are being abused or you suspect someone you know is being abused contact:

Santa Clara County Social Services Agency 333 W. Julian San Jose, CA 95010

24 HR. ABUSE HOTLINE: (800) 414-2002

(Local): (408) 975-4900 Fax: (408) 975-4910

Santa Clara County District Attorney's Office Elder Fraud Unit:

1-855-323-533

Santa Clara County Deputy District Attorney Janet Berry:

jberry@da.sccgov.org

1-408-792-2790

Silicon Valley BBQ Championship

Friday and Saturday, June 27 & 28

The third annual Silicon Valley BBQ Championship will be held at Central Park on June 27 and 28. Kick off your summer at this nationally-sanctioned event, co-hosted by the City of Santa Clara and the Rotary Club of Santa Clara. Event hours are Friday, June 27, from 4:00–9:00pm, and Saturday, June 28, from 11:00am–8:00pm. You will be able to enjoy a variety of BBQ-style food and samples, beer and wine, see the BBQ Pro's competing for the BBQ Grand Prize on the ball field, explore the "KidZone," and dance to hours of live entertainment. Bring the whole family for a fun-filled day and evening! For more information, visit www.svbbq.com or call (408) 615-3140.

Celebrate Independence Day at the All-City Picnic and Fireworks Extravaganza!

The picnic will be held on July 4, in scenic Central Park, located at 909 Kiely Blvd., from 12:00 pm to 5:00 pm. Bring a picnic lunch or purchase all-American foods prepared by local community groups. Sit back, relax, and enjoy live entertainment at the Pavilion. Kids can have fun too with carnival games, face painting, and swimming at the International Swim Center.

The event begins in the Pavilion with a welcome from our Mayor Jaime Matthews, and a Flag Dedication Ceremony by the Veterans Post 419 Honor Guard. Then you can get up and dance to live music from bands performing cover tunes.

The fun will continue into the evening, so bring your blankets and lawn chairs to the lawn area adjacent to the Community Recreation Center, where there will be music, a variety of food booths, and food trucks, followed by a patriotic fireworks display at 9:30 pm. Call (408) 615-3140 for additional information.

Intergenerational Activities - Things To Do With Your Grandchildren

It's not too late to sign up for Summer Camps

Santa Clara Parks & Recreation has a summer camp for every age and interest, and they start at different times throughout the summer. Register online- go to www.santaclaraca.gov, choose Activities & Classes. For information call 408-615-3140.

Fairy Fun Dance Activities include ballet, creative movement, craft time and dress-up.

Princess Ballet Dress in your prettiest dance clothes, wear your beautiful smile, and bring your ballet slippers! Learn basic techniques and dance to Princess Disney & Barbie music.

Lick Mill Little Explorers Reinforce the areas of colors, shapes, numbers, and the alphabet in a safe and fun environment.

Mad Science® Spark imagination and curiosity in children by providing fun, interactive, and educational programs. Fun awaits!

Cheer Camp If you like to cheer, tumble, and dance you'll love this camp! Learn cheer moves, jumps, stunts, and more.

Jr Giants Baseball A free, non-competitive, co-ed baseball program for youth. Players learn the four "bases" of character development: Confidence, Integrity, Leadership, and Teamwork, as well as the importance of Education, Health, and Violence Prevention.

Maywood Tiny Timbers and Day Camp Experience outrageous games, crazy songs, creative arts and crafts, and exhilarating field trips. Enjoy a weekly barbecue and swimming.

Rock Climbing, Indoor Camps are designed so participants climb with children of their own age. Explore bouldering walls, high roped walls, and more!

Sports Camp Fun-filled days consist of sports, weekly field trips, and excursions to swim.

Summer Gymnastics Incorporates gymnastics into fun and exciting, indoor and outdoor activities.

Horses Camp will introduce kids to grooming, riding, horse psychology, and more.

C.A.T.S. – Creative Artistic Theatrical Showcase *Rose Red*, a New Musical Participants come to daily rehearsals for acting, dancing, and singing, which culminate in a full-scale musical.

Engineering Fundamentals Power up your engineering skills with Play-Well TEKologies and over 100,000 pieces of LEGO®! Build projects, such as arch bridges, skyscrapers, motorized cars, and Battletrack!

Synchronized Swim Learn the basics of synchronized swimming. Camp culminates in a synchronized swimming exhibition.

F.A.C.E. Fine Arts Camp Extraordinaire will bring out creative expression through art, dance, and drama. Kids will enjoy games, weekly field trips, and swimming.

Tech Camp Learn to set-up and operate sound, lighting and fly systems, use scene shop tools, and work with special theatrical painting techniques. Help build and paint sets for the summer production.

Teen Breakaway Teen specific field trips and activities are supervised by experienced staff.